

DINNERLY



Fan Fave: Indian Butter Cauliflower with Peas and Basmati Rice



30 minutes



2 Servings

This is bound to be a hit with the little ones – and adults too! Think tender florets of cauliflower simmered in a mild, creamy tomato sauce laced with Indian spices. Simply serve with fragrant basmati rice.

WHAT WE SEND

- 150g basmati rice
- 500g cauliflower
- coriander
- 10g masala seasoning
- 400g diced tomatoes
- 200ml coconut milk
- 150g peas

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp vegetable oil
- 1½ tbs tomato paste
- 10g butter⁷
- 1 tsp sugar

TOOLS

- medium saucepan
- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 615kcal, Fat 20.0g, Carbs 86.2g, Proteins 19.1g



1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 12 mins or until tender. Drain.



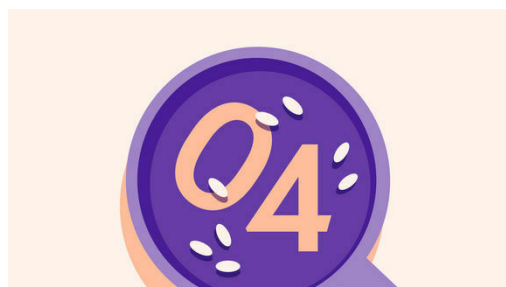
2. Prep ingredients

Meanwhile, cut the **cauliflower** into small florets. Pick the **coriander** leaves and finely chop the stems. Crush or finely chop **2 garlic cloves**.



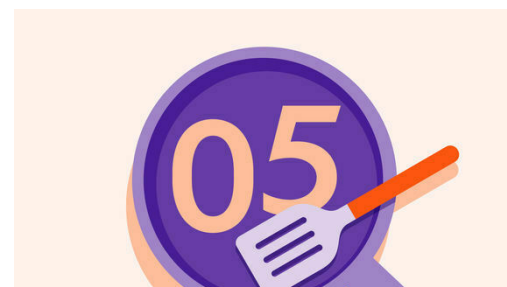
3. Cook aromatics

Heat **2 tsp vegetable oil** in a medium deep frypan over medium heat. Cook the **masala seasoning, coriander stems, garlic, 1½ tbs tomato paste** and **10g butter**, stirring, for 1 min or until fragrant.



4. Simmer curry

Add the **cauliflower, half the tomatoes*, 60ml (¼ cup) coconut milk, 1 tsp sugar** and **125ml (½ cup) water** to the pan. Bring to the boil, then reduce the heat to low and cook, covered, stirring occasionally, for 10 mins to develop the flavour.



5. Serve up

Add the **peas** to the curry and cook for 5 mins or until the peas and cauliflower are tender. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **rice** and **butter cauliflower** among bowls. Scatter over the **coriander leaves** and drizzle with **2 tbs coconut milk***. Enjoy!



6. Make it yours

Add some zing with a generous squeeze of lime, if you have some on hand.